

# What's Happening?



## FIA/FRIENDSHIP CLUB HARDIN COUNTY COMMUNITY SERVICES



# SEPTEMBER 2016

### CICS Region Announces Enhanced Methods to Connect with Counselors

#### Need emotional support? CICS Offers New Ways to Connect with Us

The Central Iowa Community Services mental health region understands that speaking on the phone does not meet the needs of everyone experiencing crisis. To better meet our residents' needs, we have expanded our array of crisis response services for those facing immediate crisis. These services are available at no cost to residents in our region.

\* **Online chat counseling**- This online emotional support connects a person in crisis with a trained and compassionate crisis counselor. Visit [www.Foundation2CrisisChat.org](http://www.Foundation2CrisisChat.org) 9 AM- 3 PM Monday through Friday to connect with a counselor through our website.

\* **Text support**- You are now able to use your phone to text us. Foundation 2 Crisis Text is available by texting to **800-332-4224** and following the prompts. Text is currently available Monday-Friday, 9 AM to 3 PM, with plans to eventually expand the hours we are able to respond to your text.

In addition to these services, our crisis line continues to be available to those in crisis 24 hours a day, 7 days a week. You can connect with a crisis counselor by calling **1-844-258-8858**.

CICS Region partners with Foundation 2, an organization out of Cedar Rapids, Iowa who is certified by the American Association of Suicidology and has been providing crisis services for over 45 years. Jody Eaton, CICS CEO, explains, "We launched the Central Iowa Crisis Line in November, 2015 for the purpose of reaching individuals when they need it most. The additional options will better meet the needs of our residents."

**Who should use Foundation 2 Crisis Chat or Text?** Anyone who is depressed or going through a hard time, including people who are thinking about suicide. Any life issues may be discussed on the Chat or Text program. Chat and Text specialists are here to listen and support those in crisis through whatever difficult times they may be facing.

Emily Blomme, Foundation 2's Executive Director, stated, "Foundation 2 is excited to partner with the CICS region to offer these new methods of support to those experiencing crisis in the community. Not everyone is comfortable talking on the phone during a crisis. This new technology provides us with a new method to reach those who are hurting. Foundation 2 cares about our clients and is dedicated to offering services that can best meet their needs in a variety of ways."

Foundation 2 is a not-for-profit human service agency that offers crisis counseling and supportive services to people of all ages. The agency provides comprehensive services which include a state-wide crisis hotline, online chat and text, mobile crisis outreach, support groups, a youth shelter, counseling and therapy services, a food pantry and independent living support for young adults.

To learn more about Foundation 2 services, please visit our website at [www.foundation2.org](http://www.foundation2.org)

To learn more about CICS, please visit our website at [www.cicsmhds.org](http://www.cicsmhds.org)

### Five Star Quality Measures and Outcomes Defined -with Derrick Dufresne

Thursday September 15th, OR Friday September 16th. 8:00am-4:00pm

*According to Derrick Dufresne, we can clearly do better. Our "good" is not good enough, and our "wonderful" should move to "great."*

**Goals of the Conference:** This interactive conference will challenge participants to move from Three Star Quality to Five Star Quality. The Iowa Association of Community Providers, Iowa State Association of Counties, Central Iowa Community Services and Heart of Iowa Community Services Regions have partnered together to develop a Statewide Outcomes Project. The Outcomes that will be tracked by the MH/DS Regions are: Community Integration, Community Living, Community Employment, Somatic Care, and Affordable Housing. This training opportunity will provide direct care staff and administration with the information needed to move your organization to a Five Star Quality agency, thus meeting these outcomes and performance measures.

For more information or to receive a registration form, call 641-939-8167.

### Dates to remember

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#### Hardin Co.

**MHDD:** Sept. 14, 8:30am at Friendship Club.

#### FIA Board

**Meeting:** Sept. 21, 8:30am, at Friendship Club.

#### Hardin Co.

**MHIT:** Sept 22, 8:30am at Friendship Club.

# **NAMI** Family-to-Family National Alliance on Mental Illness

NAMI Family to Family is a free, 12 session educational program for family, significant others and friends of people living with mental illness. It is an evidence-based program and is taught by NAMI trained family members who have been there. It not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you are not alone and there is hope!

**Tuesday September 6, then Mondays through November 21; 7:00-9:00pm**  
**Friendship Club (602 South Oak) in Iowa Falls**  
**Please contact NAMI CI to register or for more information**  
**(515) 292-9400 or NAMIofCI@gmail.com**

*"This course saved our family."*  
*"I wish I had know about this course*  
*ten years ago!"*



A new activity at the Friendship Club is "Moxie Day". This is a day that a participant can sign up to teach a class, share a hobby, tell a story, run a game, whatever they would like to do. It is up to the person, and totally voluntary. Moxie means "initiative, courage", and that is what it takes to be in front of a group and talk. Tim took the challenge on Friday, being the first one, and we had fun learning about pool!

## Clubhouse Outings

In August Clubhouse staff, volunteers and participants went on two outings. One was the Neal Smith Wildlife Refuge and Museum near Prairie City, Iowa. The other trip was Reiman Gardens located in Ames, Iowa, on the Iowa State University Campus.

When we arrived at the Neal Smith Refuge we first drove through the buffalo enclosure and saw a heard of buffalo from a distance. At the museum lunch was provided the Friendship Club staff. The ham and cheese sandwiches were really good. The museum was great. There were lots of visual displays and short videos ranging from a minute and a half to three minutes long. There was an underground tunnel, a taxidermied buffalo and elk, with much more to see that relates to the Iowa Prairie. We learned some facts; such as a buffalo eats 24 pounds of grass each day, and an elk eats 21 pounds.

The following week was the Reiman Gardens trip. We stopped at DQ/Subway for lunch. At the gardens we studied different kinds of plant life, and many different kinds of butterflies. I asked the receptionist how the butterfly room worked. She told me that they get cocoons from butterfly farms from all over the world. Then they glue the cocoons on a string, and using pens they are hung in their natural position. When they hatch and have spread their wings a little, staff transfers them to the sanctuary using what is called a soft box. We studied how butterflies, bees, and other insects have an important role in pollinating flowers and different plants. We also studied the different food preferences of butterflies and caterpillars. We got in some good exercise walking around the 17 acres of pathways that led to beautiful gardens. This year's special theme at the garden was Legos, and we saw large Lego butterflies, dragonflies, and other things. Some of them consisted of over 30,000 Legos.

These trips are very interesting and educational. We were so thankful to ride on the Hardin County Friendship Club bus along with volunteers that drove their vehicles. A special thank you to the clubhouse coordinators that made these trips possible. I can say, representing my fellow clubhouse participants that we look forward to many more outings this year and years to come.



With Gratitude,  
 Tim Rogers.



SEP 2016

MON-WED-FRI

10:30A-3:30P

SUN	MONDAY	TUE	WEDNESDAY	THU	FRIDAY	SAT
	<p>Activities start at 1pm unless otherwise noted.</p> <p>Office Hours: 8:30-10:30 3:30-4:00</p> <p>Club Hours: 10:30-3:30</p>		<p><b>OUTINGS:</b></p> <p>If an outing is scheduled, we will not have regular Club. Check the info on the calendar date for possible other details or weather changes. Read carefully. Call with any questions. If you can't go, LET US KNOW!</p>	<p>1</p> 	<p>10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>2</p> <p>BINGO</p>	<p>3</p> <p>Sally Graves</p> 
<p>4</p> 	<p>5</p> <p><b>LABOR DAY</b></p> <p>Club is Closed</p>	<p>6</p> <p>Shirley Schrandt</p> 	<p>10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> Friendship Lunch: Grilled hotdogs, chili dogs, fixings <b>Helpers: Thresa, Tim</b> <b>Clean-up: Barbara, Josh, Autumn</b></p> <p>7</p> <p>Ben Hoekstra</p>  <p>BEHAVIORAL HEALTH</p>	<p>8</p>	<p>10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>9</p> <p>Moxie Day (Jared and Ryan)</p>	<p>10</p>
<p>11</p>	<p>10:30 Chart and Chat 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>12</p> <p><b>Crafts with Marion</b></p>	<p>13</p>	<p><b>OUTING</b></p> <p><b>Balloon Museum</b></p> <p>Peoplerides will pick up at normal times in morning. We leave club at 10:30AM. Club bus will bring people home. Bring snacks and money for lunch at Pizza Ranch in Ankeny. Club is closed.</p> <p>Glenda Bailey</p>  <p>14</p>	<p>15</p>	<p>10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>16</p> <p><b>BOWLING</b></p> <p>Vicki Vest</p>  <p>Sharon Speck</p> 	<p>17</p>
<p>18</p>	<p>10:30 Chart and Chat 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>19</p> <p><b>All GAMES Tournament!</b> <b>Starts at 12:30pm</b></p>	<p>20</p> 	<p>10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> Friendship Lunch: Italian meal with Barbara!! Stuffed Manicotti <b>Helpers: Tim, Terrance</b> <b>Clean-up: Kayla, Jared, Linda</b></p> <p>21</p> <p><b>Readings with Virginia</b></p>	<p>22</p>	<p>10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>23</p> <p><b>Participant Meeting</b></p>	<p>24</p>
<p>25</p>	<p>10:30 Chart and Chat 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>26</p> <p><b>GROUP SHOPPING</b></p> <p><b>Calendar Planning</b></p>	<p>27</p>	<p>10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> <b>GROUP</b> Friendship Lunch: Biscuits and Gravy <b>Helpers: Glenda, Roger, Pete</b> <b>Clean-up: Larissa, Gina, Samantha</b></p> <p>28</p> <p><b>GREENBELT HOME CARE</b></p>	<p>29</p>	<p>10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>30</p> <p><b>SHOW &amp; TELL</b></p> <p><b>Newsletter Mailing</b></p> 	

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